



**New opportunities and possibilities for
physical activity epidemiology research**

by

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Time : 9:00 a.m. – 10:00 a.m.
Venue : Seminar Room 3, G/F, Jockey Club Building for Interdisciplinary Research,
5 Sassoon Road

Abstract:

It has been well-known that regular participation in physical activity reduces the risk of developing various adverse health outcomes. Over recent years, research in the field of physical activity epidemiology has evolved rapidly along with the development of novel physical activity measurement methods and the use of large-scale health data. This presentation will be summarizing the contemporary issues of using different physical activity assessment tools and their implications in physical activity epidemiology research. This presentation will also be focused on discussing the emerging opportunities of making considerable progress on our understanding about physical activity and physical fitness in relation to population health using data from the UK Biobank study, which is an ongoing prospective cohort of over 500,000 UK adults.

Bio-sketch:

Dr Youngwon Kim is currently Assistant Professor in the Kinesiology program, and Adjunct Assistant Professor in the Division of Public Health within the School of Medicine at the University of Utah. As a physical activity epidemiologist, Dr Kim has focused his research on understanding the preventive role of physical activity from an epidemiological perspective. Specifically, he has examined the associations of physical activity and fitness with various mortality, cardiovascular disease and cancer outcomes using data from the UK Biobank project, an ongoing national cohort study of >500,000 UK adults. Another line of his research is developing and improving methodologies for conducting epidemiological research. For example, Dr Kim's publications in this area have been focused on evaluating the validity and utility of various physical activity assessment tools (e.g., self-reports, accelerometers) in both children and adults.

Dr Kim has produced about 50 publications on physical activity epidemiology and measurement in peer-reviewed research journals, such as *European Journal of Epidemiology*, *American Journal of Clinical Nutrition*, *International Journal of Obesity*, *American Journal of Preventive Medicine*, *Medicine & Science in Sports & Exercise*, *Journal of Science and Medicine in Sport*, *Journal of Sports Sciences*, *European Journal of Clinical Nutrition*, *BMC Public Health*, *PLoS One*, etc.

Before joining the University of Utah as Assistant Professor, Dr Kim was a post-doctoral fellow of the Physical Activity Epidemiology programme in the MRC Epidemiology Unit at the University of Cambridge School of Clinical Medicine, UK. He received his PhD in kinesiology and a minor in statistics from Iowa State University, USA; a master's degree in exercise science from the University of South Carolina Arnold School of Public Health, USA; and a bachelor's degree in business administration from Hanyang University - ERICA, South Korea. Dr Kim has received 12 awards at the university, national and international levels, and performed 9 invited speeches.